

Ninth Family Research Network (FRN) Forum

*“Nurturing Our Young –
Parenting in the 21st Century”*

Tuesday, 5 February 2013

MND Auditorium, Annexe A - Level 2, MND Building

Implementation and Sustainability of Signposts parenting program in Singapore:



Think big, start small and dig deep
- an evolving journey

05022013

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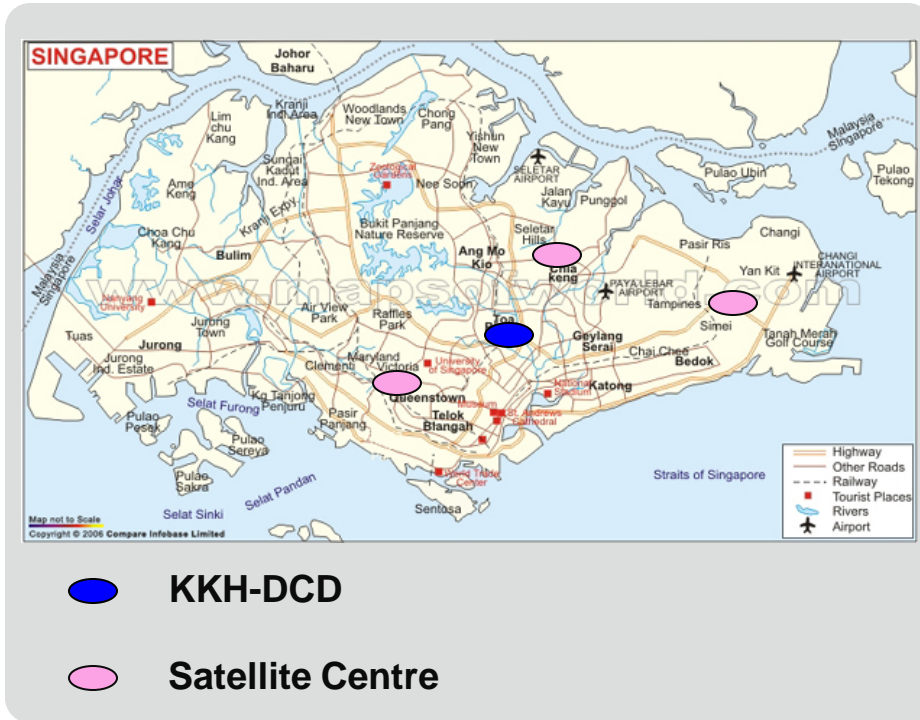
Partners in Academic Medicine





Singapore's largest medical facility that provides specialized care for women, babies and children.

In 2011, KKH-Department of Child Development (DCD) sees and provides diagnosis and interim therapy for up to 80% of 2500 new referrals of children with developmental concerns of average age between 2 to 3 years.



Vision

The leading centre enabling children with developmental needs to face tomorrow

Mission

To deliver integrated holistic services with compassion, to children with developmental needs, supported by clinical excellence, education and innovation

Signposts

for building better behaviour

An evidence-based parenting programme designed by Parenting Research Centre (Australia) to help families manage difficult behaviour in children aged 3 to 15 years with a developmental delay or intellectual disability



Signposts for building better behaviour

Specifically developed to help parents whose children have a developmental delay or an intellectual disability. Build around applied behavior analysis (ABA) framework (Antecedent, Behaviour and consequences)

Helps parents understand the behaviour

Enables parents to work out the purpose of the behaviour

Parents are given tools to build effective ways to:

Manage current difficult behaviours

Plan ahead for managing further difficult behaviour

Features of Signposts program (6 sessions, 2.5 hours per session)

Introduction Session

Module 1: Measuring your child's behaviour

Module 2: Systematic use of daily interactions

Module 3: Replacing difficult behaviour with useful behaviour

Module 4: Planning for better behaviour

Module 5: Developing more skills in your child

Work on programs at home (phone contact)

Review session





Is there a need for Signposts in Singapore?



KK Women's and
Children's Hospital

SingHealth

Is there a need?

2

Program Objectives
& Desired Results

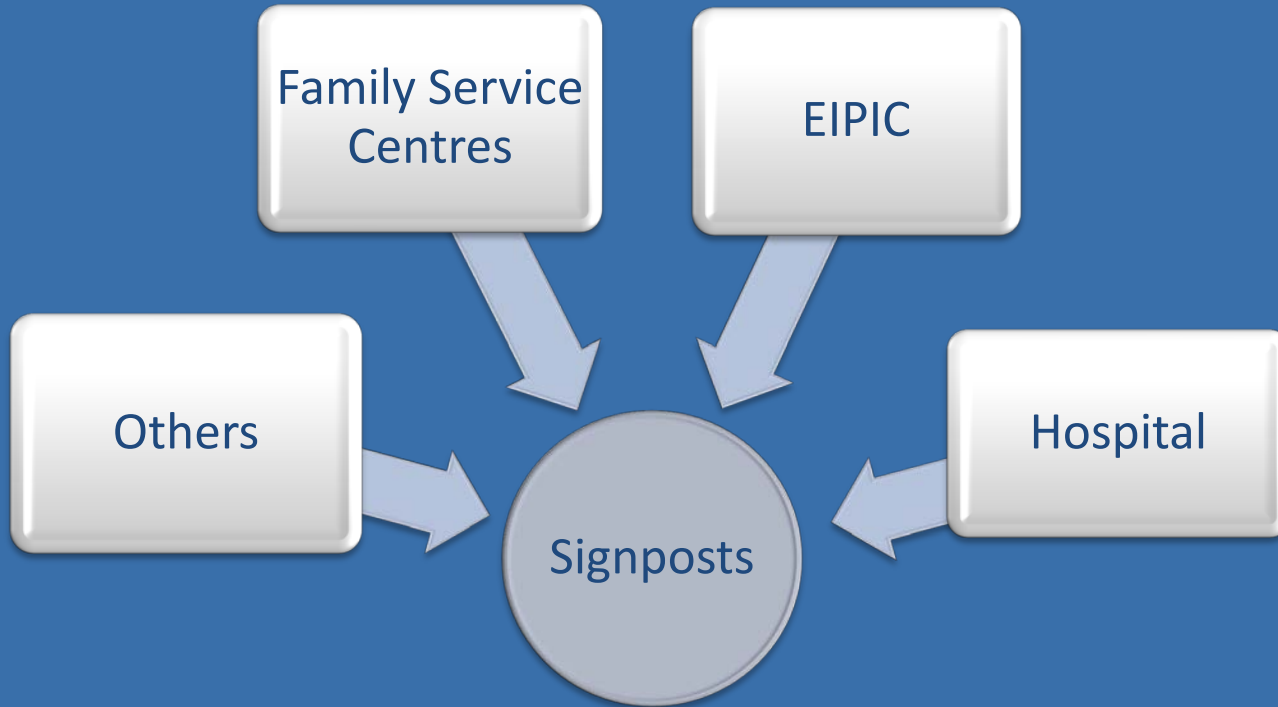
Current Landscape

Need Analysis

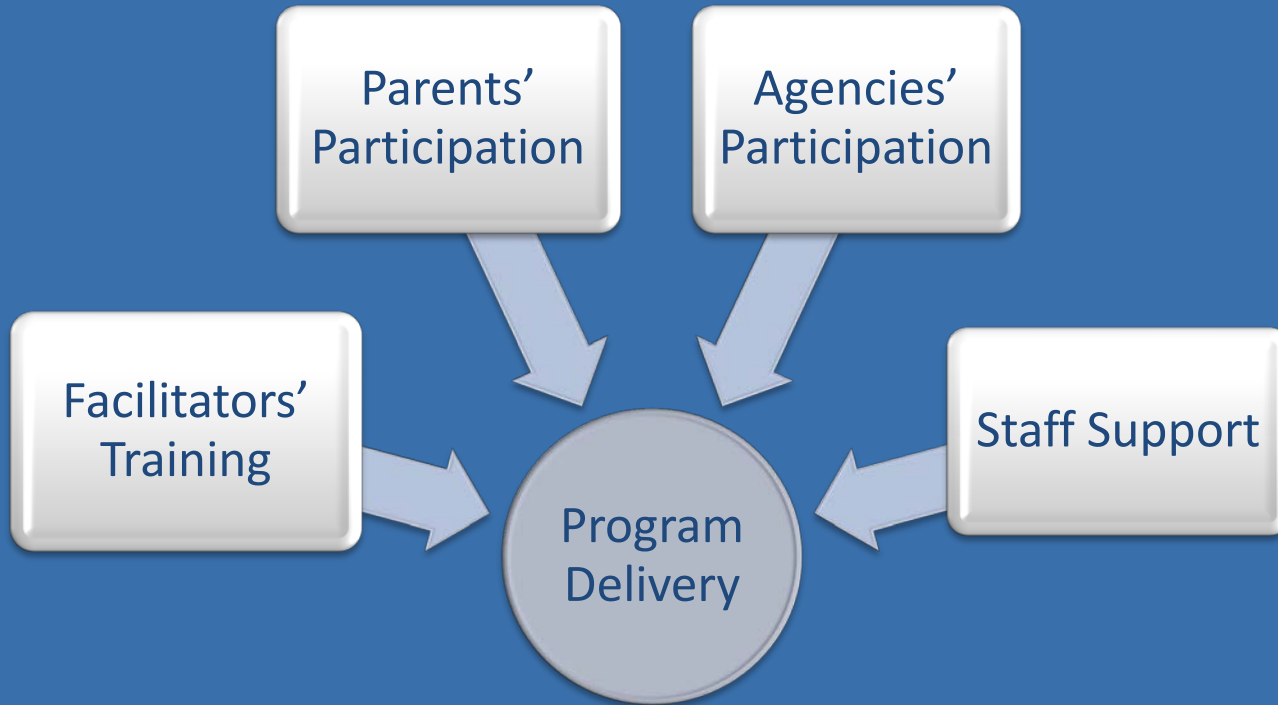
Service Gaps

Target Recipients

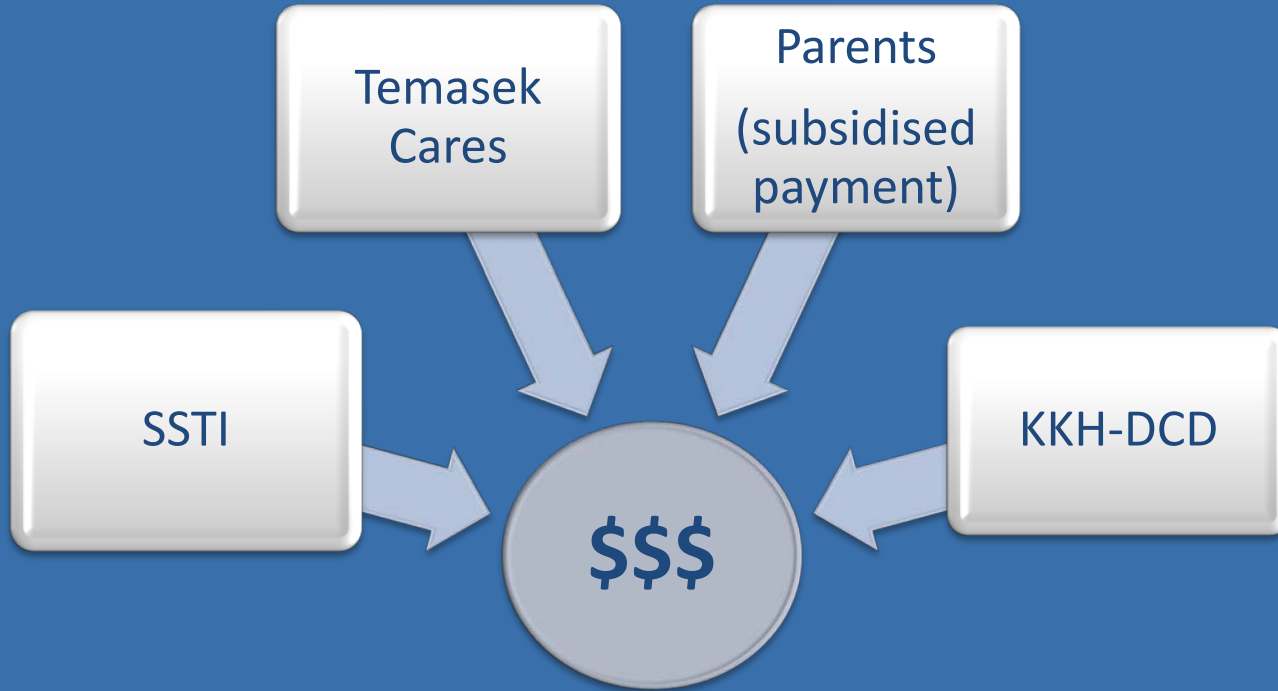
Is there a playground?



Is there a platform?

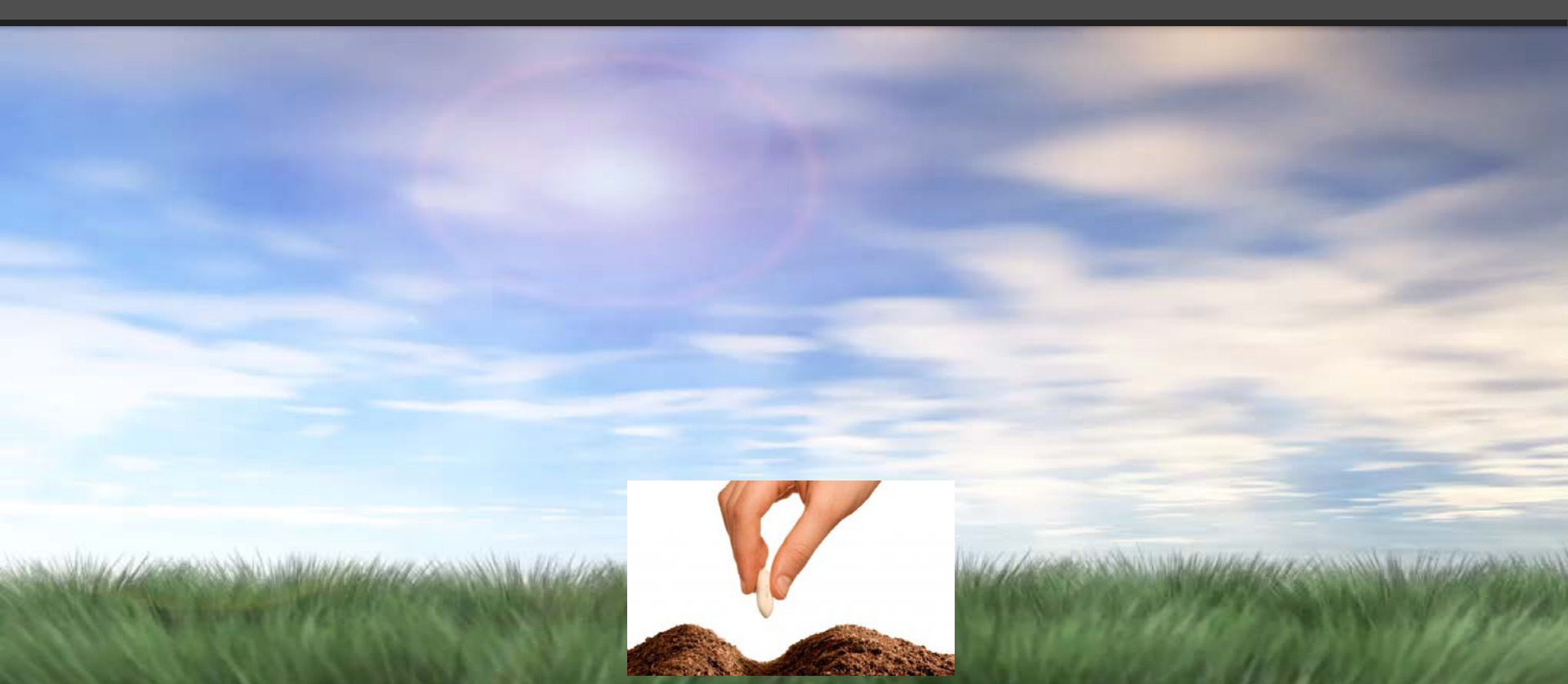


Is there funding?



Start small...





Start small...



KK Women's and
Children's Hospital

SingHealth

Implementing Signposts in Singapore

Think Big

All EIPIC centres

Start small

KKH-DCD

Dig deep

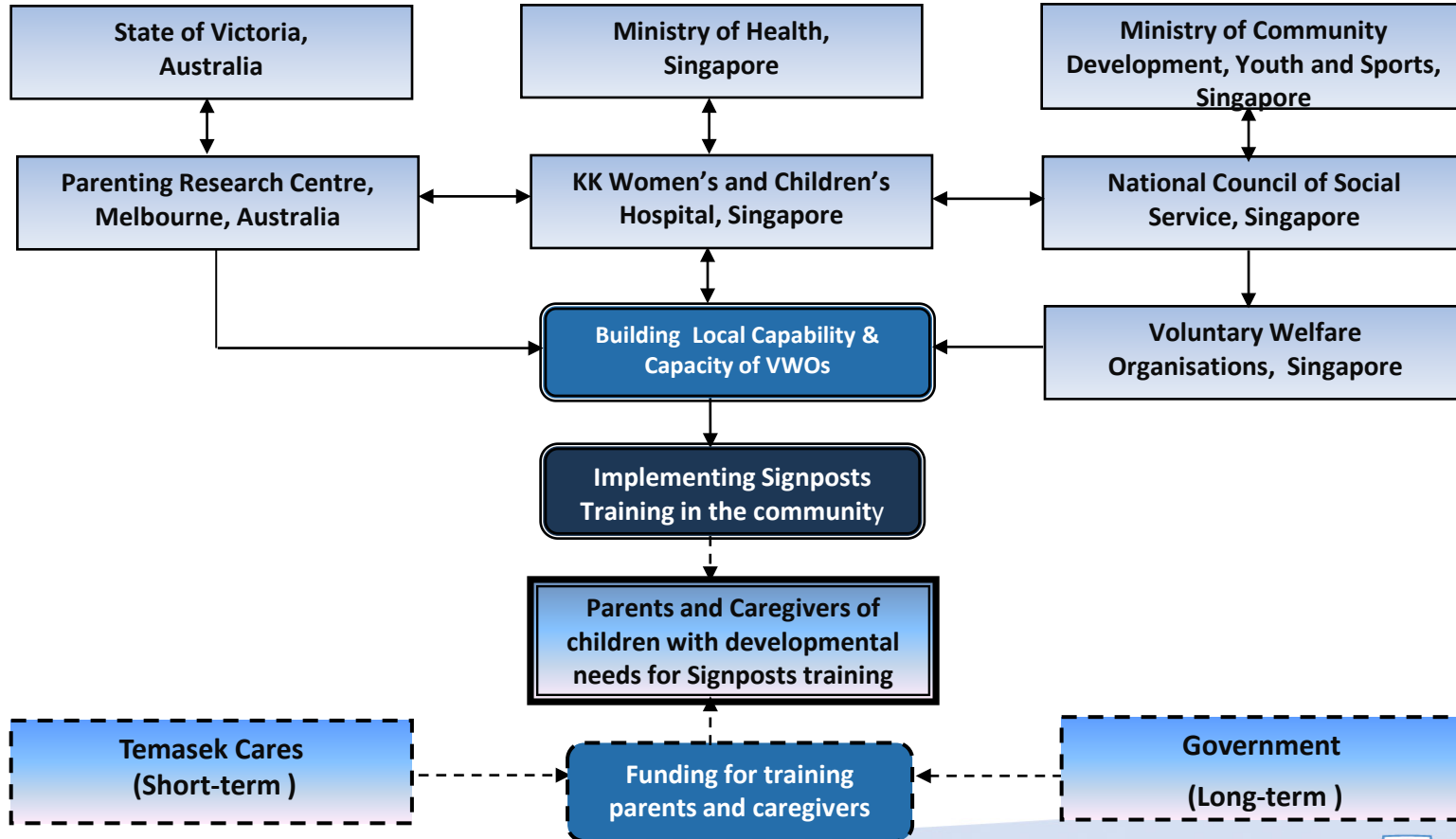


Key variables to consider when implementing Signposts in Singapore

1



Many-helping-hands approach to implementation



- More than 100 Signposts parent training runs locally
- conducted 9 rounds of facilitator training
- over 1500 parents and caregivers trained in Signposts;
> **80% of 950 surveyed reported:**
 - ↑ confident ↓ stress ↑ improved behaviour
- over 160 practitioners trained as facilitators
- local pool of 3 trainers and 7 coaches

1. That Signposts program becomes an integral service, supported by regular funding, available to parents/caregivers
 - » at KKH-DCD
 - » at all 17 EIPIIC (Early Intervention Program Infant and Child)
 - » at appropriate FSC (Family Service Centres)
2. That the training of Signposts facilitators be funded for all VWO (Voluntary Welfare Organisation)
3. That KKH-DCD be the Centre of training, research and development, for Signposts in Singapore.

- Oral presentation at Annual Scientific Meeting (ASM), KK Women's & Children's Hospital, July 2011. *Article on the presentation was written and published in the Singapore Medical Journal.*
- Singhealth Quality Convention, September 2011
- Ministry of Health's 8th Health Quality Improvement Poster Competition, October 2011. Top 60.
- Papers presented at 1st Biennial Australian Implementation Conference, Oct 2012.
- Paper replicating Australian study written up for submission.
- Started conversion of program to Malay language
- Application of program to normal preschool context.

The end?: Right siting of programme involving the appropriate ministries to ensure sustainable growth and development.

1. Children with developmental issues (MOH through VWOs and Hospitals)
2. Children with normal development (FSC, HPB & School)

Thank you



PATIENTS. AT THE HEART OF ALL WE DO.



**KK Women's and
Children's Hospital**
SingHealth